

## Snacks For Your One to Two Year Old Child

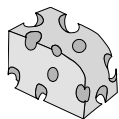


Snacks are good for your child! They are a "mini" meal and help your child to grow.

### Snack Ideas

- **Milk Group**

puddings or custards  
cottage cheese, milkshakes,  
cheese cubes, and yogurt



- **Meat Group**

hard-boiled eggs, tuna chunks,  
cheese cubes, or half-sandwiches  
with turkey, egg salad or melted cheese



- **Vegetables**

vegetable soup, oven baked potato wedges,  
soft cooked carrot sticks and sweet potatoes,  
tomato or vegetable juices



- **Fruits**

applesauce, bananas, canned fruit, ripe peeled  
peaches or pears, oranges, cantaloupe,  
watermelon, honeydew, strawberries or  
100% fruit juices\*



- **Bread/Cereal Group**

crackers, cereal with milk,  
bread strips, dry unsweetened cereal,  
toast or muffin pieces



\* Limit total juice consumption to not more than  
6 ounces (3/4) a day.

## Avoid these foods.

They can choke your one or two year old.

Whole hot dogs

Nuts

Whole grapes

Hard candies

Hard pieces of fruits or  
vegetables

Popcorn

Peanut butter - spread thick

Seeds



## Avoid these foods.

They are high in salt, sugar and fat.

Chips and fries

Doughnuts and pastries

Soda and sweetened drinks

Cakes, cookies, candy and pies

Sweetened cereals

Luncheon meats (bologna, etc.)



**Talk with your health provider if you would like more  
information on feeding your child.**

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